



TAKE NOTE

The Hill School
(540) 687-5897
www.thehillschool.org

SEPTEMBER 17, 2015

TAKE NOTE

This week's Take Note will be the last paper edition delivered to the entire student body. The families who elected to continue receiving a paper copy will still have Take Note sent home with their child (or one of their children) every Thursday. If you selected **Electronic Copy Only** at registration, your child will not be receiving a paper copy next week. Take Note may also be viewed at www.thehillshool.org. If you would like to add or delete your name from the **Electronic Copy Only** list please contact Silvia Fleming.



PTC PARENT DINNERS (6:30 PM)

Thank you to the Harmon Family for hosting the New Parent Dinner last week and to Allyson and Michael Alto for hosting the 6-8 Dinner last night.

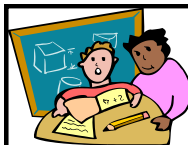
What a great way to start off the school year!

Wednesday, Sept. 23 – **3-5 Parent Dinner**,
hosted by Kate Armfield and Chet Fannon

Wednesday, Sept. 30 – **JK-2 Parent Dinner**,
hosted by Sheila and Martin Harrell

Please plan to attend the dinner of your oldest child. An invitation (with directions) has been mailed to you.

Please RSVP to Hill School at (540) 687-5897



Parent Teacher Club (PTC) Back-to-School Night

Thursday, October 8th
7:00 – 9:00 p.m.

The evening will begin at 7:00 p.m. with a brief All-School meeting in the Theater.

After this meeting, parents will go to their child(ren)'s homeroom(s) for a presentation by the homeroom teacher of this year's curriculum and events. The evening will conclude at approximately 9:00 p.m.

Please Note: We will not have childcare available during the meeting.



PTC Parent Meetings

JK - Tuesday, Sept. 22, 8:30, Lunch Room
K - Monday, Sept. 21, 8:30, Alumni Room
1 - Tuesday, Sept. 22, 8:30, Alumni Room
5 - Friday, Sept. 18, 8:30, Lunch Room



After 4:15 p.m. ALL students should be picked up from the traffic circle near the Main Entrance. This includes study hall, tutoring, and post-athletic game dismissals.



Picture Day! Tuesday, Sept. 22

Please note: All students will have a picture taken for the yearbook. Orders for prints must be received before picture day.



NEW LUNCH SCHEDULES

Junior Kindergarten and Kindergarten eat in their rooms at 12:30

Grades 1-2	12:30 - 1:00
Grades 3/4/5	12:00 - 12:30
Grades 6/7/8	1:00 - 1:30



The lunch program for October are attached.





Friday, September 25
Open Late

at the National Sporting Library & Museum

**Join us for Great Music,
 Local Wine & Virginia Craft Beer**

Friends & Family Night
 with The Hill School, Foxcroft School,
 Middleburg Academy, Middleburg Community
 Charter School, and Wakefield School

featuring

~
 Lisa Lim Band

~
 Legend Brewing

~
 Market Salamander

Concerts are FREE and open to the public.
 The Museum will be open until 8:00 pm.
6:00-8:00 pm on the NSLM Lawn

102 The Plains Road, Middleburg, VA
 For more information or to volunteer please
 contact Alexandra McKay at 540-687-6542 ext. 24
 or AMcKay@NationalSporting.org

HILL SCHOOL COUNTRY FAIR

Saturday, September 26th

BAKING CONTEST

*BIG UP YOUR SECRET FAMILY RECIPES, make an old
 favorite or create
 something **NEW &
 DELICIOUS!***



BRING YOUR:

**CUPCAKES, COOKIES, CAKES,
 PIES & TARTS!**

To the **DORRIN BARN** by **10:15 AM ON FAIR DAY.**

**HILL SCHOOL COUNTRY FAIR
 BAKING CONTEST**

-Entry form-

Name: _____

Dessert: _____

"Please deliver entries to the Dorrain Barn by 10:15 am on Fair day."

**Hill School Country Fair
 T-Shirts**

Classic Em Sharp design of the animal pyramid.
 White tee with green design.

Order yours today, wear it to the fair on
 September 26th!

Youth sizes:

_____ x S

_____ x M

_____ x L

_____ x XL

Adult small x _____

Total t-shirts = _____ x \$8 = _____

Make checks payable to The Hill
 School



Coming up at Hill:

Tues., Sept. 22	Picture Day JV Boys Soccer vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm V Boys Soccer vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45 pm JV White Girls Field Hockey vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15 pm V Girls Field Hockey vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm
Wed., Sept. 23	Grade 3 Apple Gleaning. Regular 4:00 pm dismissal 3-5 Parent Dinner hosted by Kate Armfield and Chet Fannon, 6:30 pm.
Thurs.-Fri., Sept. 25-26	Grade 8 Rock climbing trip/camping trip (overnight). Leave Thursday at 8:30 am, return Friday at 7:30 pm
Sat., Sept. 26	Country Fair
Tues., Sept. 29	JV Boys Soccer vs. LCDS at LCDS. Game at 4:30, dismissal at 6:15pm V Boys Soccer vs. LCDS at LCDS. Game at 3:30, dismissal at 5:15 pm JV White Girls Field Hockey vs. LCDS at Hill. Game at 4:30, dismissal at 5:45 pm V Girls Field Hockey vs. LCDS at Hill. Game at 3:30, dismissal at 4:45 pm
Wed., Sept. 30	Grade 7 to Camp Highroad. Regular 4:00 pm dismissal JK-2 Parent Dinner hosted by Sheila and Martin Harrell, 6:30 pm
Thurs., Oct. 1	JV Boys Soccer vs. Powhatan at Powhatan. Game at 3:30, dismissal at 5:15pm V Boys Soccer vs. Powhatan at Powhatan. Game at 4:30, dismissal at 6:15 pm JV Green Girls Field Hockey vs. Powhatan at Hill. Game at 3:30, dismissal at 4:45 pm V Girls Field Hockey vs. Powhatan at Hill. Game at 4:30, dismissal at 5:45 pm


AVAILABLE: Reliable, thorough, housecleaner available Mondays or Wednesdays (weekly or biweekly). References available. Speaks English. Please contact Yenny Benitez at 540-272-6940.

FOR RENT: Cottage for rent: \$1500/mo. 2 bedroom, 2 bath cottage with large kitchen on a horse farm off Zulla Rd. 10 minutes to Middleburg or The Plains. AC, W/D, internet. Available immediately. Call Okey Turner at 540-270-9363.

FOR SALE: Kawai kg 2c baby grand piano - excellent condition, beautifully maintained. Located in Middleburg and priced for quick sale: \$3500.00. Call 540-326-5264 for more info.

GUITAR AND BASS LESSONS: Hill School Alumni Peter Durand ('08) is back after graduating from Berklee College of Music and is offering guitar and bass lessons. Lessons available in students' homes or at our new Purcellville studio. Info@M80recording.com. 703-999-7985.

FOR RENT: Lovely 4 bedroom, 3 bath plus den/5th BR. Play set, trampoline, tree house, and 2 storage sheds on 1 acre lot adjacent to horse facility. Cherry hardwood floors, wood burning fireplace, modern appliances, gas range, WD, central AC & heat, T1 line for high speed internet. Mother in law suite in basement with separate entry. Beautiful wrap around balcony and patio. 5 miles from Hill School. Pets considered. \$3000 - perfect for multiple families or roommates. Call Mary Ann McGowan (540) 270-1124 or Ilene Tognini 540-687-5775.



Hill School Running Club, coached by Chris Northrup, will be offered Mondays 4:00 to 5:00 and is open to 4th - 8th graders. We will start on Monday September 21st. Meet in the gym at 4:00. Pick up at the front circle at 5:00.

Any questions, email cnorthrup@thehillschool.org

Take Note Submissions

Take Note is published weekly each Thursday. DEADLINE for submission of items is NOON on TUESDAY. E-mail articles and/or classified ads to: takenote@thehillschool.org.


E-mail is the preferred method for submissions, however, you may also drop off your ad at the front desk.

Mariposa and Little Sisters Singing Clubs are starting soon!



Little Sisters 3-5 grade girls Tuesdays 4-5 pm Starts on Oct. 6	Mariposa 6-8 grade girls Mondays 4-5 pm Starts on Sept. 21
---	--

Please email kchase@thehillschool.org with any questions.



Box Tops for Education

Box Tops are being collected at the Front Desk. Hill School receives money for every box top we send back!



The Hill School Open Golf Tournament

Tuesday, October 6th, 2015

Captain's Choice
12 noon shotgun start

Bull Run Golf Club
Haymarket, Virginia

Organized by the Alumni Association

Golf, Range, Awards, Prizes, Goodie Bag and Dinner.
Space is limited and will be filled on a first come first served basis
All levels of golfers are welcome

Registration 11:00-11:30 am

Mulligans may be purchased the morning of the tournament.

Entry deadline: Tuesday, September 29th, 2015

Please contact Lisa Patterson with questions
540-687-5897 / alumni@thehillschool.org



Team and Player Registration \$150 per player (non-refundable)

Player 1 _____ / _____ / _____
(please provide name, email number and handicap)

Player 2 _____ / _____ / _____
(please provide name, email number and handicap)

Player 3 _____ / _____ / _____
(please provide name, email number and handicap)

Player 4 _____ / _____ / _____
(please provide name, email number and handicap)

Enclosed is a check for \$_____. Number of player(s) 1 2 3 4

Please charge my (circle one) VISA or MASTERCARD Number of player(s) 1 2 3 4

Cardholder Name: _____

Address: _____

Credit Card Number: _____ Expiration: _____

Hurry! Space is limited! Deadline to register is Tuesday, September 29, 2015.

Please return this portion with checks payable to: The Hill School or Visa/MasterCard information,
Mail to: Lisa Patterson, Hill School Open Golf Tournament, PO Box 65, Middleburg, VA 20118



Break Out of Your Shell

Oyster Roast 2015

Saturday, October 3rd 4-7pm

Piedmont Child Care Center - Upperville, VA

Oysters from the Northern Neck

BBQ Country - Wine & Beer

Music by Troy and Paula Haag

Tickets:

\$35 in advance - \$45 week of event

Kids under 12: \$5

Contact for Tickets:

PCCC@piedmontchildcare.org

(540) 592-3908



Music, Music, Music!!! In your Neighborhood!!

The Community Music School of the Piedmont is pleased to announce that high quality music instruction for children and adults is available just around the corner!

CMSP has openings for violin, cello, voice, piano, flute, sax, organ, and guitar instruction at our Trinity Church location in Upperville. For more information call 540-592-3040 or email: piedmontmusic@aol.com.

Please visit our website: piedmontmusic.org

Hill School Country Fair - Saturday Sept. 26 Dornin Science Barn

Schedule of Activities

Pony Show 8:00 – 10:30

Classes:

Walk trot

Walk trot canter

Walk trot canter 2 jumps

Cross country

Country Fair 10:00 – 2:00

Games (all day)

Pumpkin painting (10 – 12)

Worlds Greatest Pet Show (until lunch)

Bike Race (until lunch)

Stump the Teacher (11:45)

Lunch @ noon

Sing-along with Mr. Lyman (12:30)

Contact lesliekvansant@gmail.com for information



SECOND ANNUAL Seven Loaves & A Baguette

5 COURSE MEAL

HOSTED BY JULIEN'S | IN MEMORY OF MICHELINE

TO BENEFIT

SEVEN LOAVES

FOOD PANTRY

SEPTEMBER 30, 2015 | 6:00 PM

\$100 PER PERSON

ALCOHOL SOLD SEPARATELY

3 WASHINGTON ST
MIDDLEBURG VA
20117

RESERVATIONS
RECOMMENDED
PLEASE CALL AHEAD
540.687.3123

A PLACE TO BE Presents

Over 15 thousand students
have witnessed
The Same Sky Project
See what everyone is talking about!

The Same Sky Project

Young people with physical, emotional, developmental, social,
and life challenges take the stage in this poignant, inspiring original musical!

The Same Sky Project reminds us, no matter who we are or
what our challenges, we all live under the SAME SKY!

Saturday October 3 - 7:30pm

The Hill School
130 South Madison St.
Middleburg, VA

Tickets \$10 at the Door

For More Information,
Visit: www.aplacetobeva.org
or Call: (540) 687-6740

A Place To Be is made possible in part by grants from: The Christopher & Doris Foundation, The VA Commission for the Arts/NEA, Loudoun County FY 2015 non-profit organizations grant funds. ACTB is a 501 (c)(3) non-profit organization.



Hill School Fall Daffodil Bulb Sale

Presented by  the 4th grade



- Premium (large) native, deer-resistant bulbs.
- Will divide and naturalize, blooming for years to come!
- A mix of colors - yellows, oranges, creams and more.

Bulb bags will be ready for pick up at school in October, or delivered within 15 miles of Hill for \$10.

Excellent prices!

10 bulb bag	_____ x \$7.50 = _____
25 bulb bag	_____ x \$18.00 = _____
50 bulb bag	_____ x \$36.00 = _____
100 bulb bag	_____ x \$72.00 = _____
6lb bulb food	_____ x \$10.00 = _____

Orders due October 9th

Please make checks payable to "The Hill School" with "class of 2020" in the memo.



* Please deliver my bulbs. Yes! = \$10

Total Enclosed = _____

Thank you for supporting the 4th grade!

Name: _____

* Address: _____

Email: _____ Phone: _____

Instructions: Lunch Order Forms

- ◆ Please circle the dates and lunch choices, and return that portion of the menu with the payment in an envelope. Mark the name of the restaurant on the envelope.
- ◆ Checks should be made out to the establishment from which you are ordering lunch(es), cash should be the correct amount. We do not process orders at school and will forward all the envelopes directly to the restaurants on the day named as the return date.
- ◆ Please keep a record of your order; we do not keep a list here at school. Lunches will be delivered to the kitchen by the beginning of the first lunch shift (11:50).

Please note: If you have ordered lunch, and your child is absent (due to illness or a field trip), let us know if you would like us to pass his/her lunch on to another child or if you would like the lunch to be saved overnight in the school refrigerator for your child's lunch the next day.

Lunch Order Forms – October, 2015

Return to the Office **by Friday, Sept. 25, 2015**

MONDAYS – TEDDY'S PIZZA – 687-8880

\$5.00 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|----|------------------------------|------|-------|-------|-------|
| 1. | 2 slices of CHEESE Pizza. | 10/5 | 10/12 | 10/19 | 10/26 |
| 2. | 2 slices of PEPPERONI Pizza. | 10/5 | 10/12 | 10/19 | 10/26 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with TEDDY'S. Return this form (for the whole month) **by Fri, Sept. 25.***

CUT HERE=====

TUESDAYS – MARKET SALAMANDER – 687-8011

\$5.00 per order

One form per student, please.

Name _____ Grade _____

- | | | | | | |
|----|--|------|-------|-------|-------|
| 1. | Market Mac 'n Cheese (8 oz), side of vegetable, and a cookie | 10/6 | 10/13 | 10/20 | 10/27 |
| 2. | Three Chicken Tenders with honey mustard sauce, side of vegetable, and a cookie. | 10/6 | 10/13 | 10/20 | 10/27 |

*Circle the desired lunch(es) and date(s) and return this portion with payment in an envelope marked with Market Salamander. Return this form (for the whole month) **by Fri., Sept. 25.***

CUT HERE=====

WEDNESDAYS – MIDDLEBURG DELI – 687-3456

\$5.00 per order

One form per student, please

Name _____ Grade _____

- | | | | | | |
|----|---|------|-------|-------|-------|
| 1. | Sliced Turkey Breast on a Soft Roll with Lettuce & Tomato | 10/7 | 10/14 | 10/21 | 10/28 |
| 2. | Sliced Roast Beef on a Soft Roll with Lettuce & Tomato | 10/7 | 10/14 | 10/21 | 10/28 |
| 3. | Sliced Ham & Cheese on a Soft Roll with Lettuce & Tomato | 10/7 | 10/14 | 10/21 | 10/28 |
| 4. | ½ Little Italy Sub
(Provolone, Mortadella, Pepperoni, Genoa Salami, Lettuce, Tomato, Sweet Peppers, Oil and Vinegar) | 10/7 | 10/14 | 10/21 | 10/28 |
| 5. | Grand Slam (Turkey, Ham, Swiss, Lettuce, Tomato on a Sub Roll) | 10/7 | 10/14 | 10/21 | 10/28 |

A supreme chocolate chip cookie will be served with all selections.

*Circle desired lunch(es) and date(s) and return this portion with payment in an envelope marked with MIDDLEBURG DELI. Return this form (for the whole month) **by Fri., Sept. 25.***

Nutrition Nuggets



Go-Go Gadgets - For your Lunchbox

Welcome back everyone!

To kick-off this school year, let's talk about something we now have to think about every day...packing lunches! I am entering new territory this year as our son starts preschool and needs a mid-morning snack to take with him. Although it is not yet packing a full-out lunch, I am now faced with the task of mastering a fun, tasty, easy, and nutritious meal... all while also managing a crazy morning routine! So here are some of the gadgets that I will be trying in our lunchboxes as we start the school year. I will keep you posted on what works, and what flops!

1. **Ice Packs** - Food safety is always a primary concern. We have everything from a plain-ol' blue rectangular ice pack to those with designs (soccer balls, monkey faces, etc.). It doesn't have to be fancy, as long as it's in there!
2. **Bento Box** - I've got to tell you, my geeky dietitian side loves seeing a well-packed Bento box! These lunchbox containers offer individual compartments for each item and help keep portions in check. If you don't have a Bento box, use any square container and separate the food items with silicone baking cups.
3. **Skewers** - Even as an adult, something about eating your food off of a stick makes it more fun! Place meats, cheeses, fruits, and vegetables on a stick for something different than a plastic baggie. Another fun idea is to cut a sandwich wrap into sections and place those on a skewer stick. Wooden skewers are available at any grocery store, or for littler fingers, you can use a straw!
4. **Wide-Mouth Thermos** - Perfect for sending your kids to school with a hot lunch! Use for leftovers, soups, steamed vegetables, oatmeal, etc. It opens a whole new realm of possibilities. TIP: Before putting food into the thermos, pour in some boiling water and let it sit for a few minutes (then discard). This will get the thermos activated and ready to keep the food hot until lunch.
5. **Teamwork** - Ok, so this one isn't technically a "gadget" (at all!) but one of my favorite tips for packing a successful lunch is to pack it with your kids' help! Ask them to participate in selecting what goes into their lunch each day and recruit their help in preparing the food and packing it up.

I'd love to hear any of your own tried-and-true tips and tricks for packing a healthy and successful lunch!

Here's to a happy, healthy school year ahead!

*Nutrition Nuggets is intended to provide information and ideas on health and nutrition topics. Please remember that any major changes in lifestyle or diet should first be discussed with your physician.

Did You Know?

Many delicious apple varieties are coming back into season, such as Gala & Honeycrisp!

Questions or comments? Please email me at Cristin@myCompleatNutrition.com.

To your health,
Cristin Wipfler, MPH, RD, CPT



2015 FALL ATHLETIC GAME SCHEDULE updated 9/15

Please check Take Note to confirm game and dismissal times

DATE	TEAM	SPORT	OPPONENT	LOCATION	TIME	DISMISSAL
Sat, Sept. 19	Tiger cup tournament at Fredericksburg field house					
Tue, Sept. 22	JV Boys	Soccer	<i>Powhatan</i>	Hill	3:30	4:45
	V Boys	Soccer	<i>Powhatan</i>	Hill	4:30	5:45
	JV White Girls	FH	<i>Powhatan</i>	Powhatan	3:30	5:15
	V Girls	FH	<i>Powhatan</i>	Powhatan	4:30	6:15
Tue, Sept. 29	JV Boys	Soccer	LCDS	LCDS	4:30	6:15
	V Boys	Soccer	<i>LCDS</i>	LCDS	3:30	5:15
	JV White Girls	FH	<i>LCDS</i>	Hill	4:30	5:45
	V Girls	FH	<i>LCDS</i>	Hill	3:30	4:45
Thu, Oct. 1	JV Boys	Soccer	<i>Powhatan</i>	Powhatan	3:30	5:15
	V Boys	Soccer	<i>Powhatan</i>	Powhatan	4:30	6:15
	JV Green Girls	FH	<i>Powhatan</i>	Hill	3:30	4:45
	V Girls	FH	<i>Powhatan</i>	Hill	4:30	5:45
Tue, Oct. 6	JV Boys	Soccer	Highland	Highland	3:30	5:15
	JV Green Girls	FH	<i>Edlin</i>	Hill	3:30	4:45
	V Girls	FH	Highland	Highland	3:30	5:15
Thu, Oct. 8	JV White Girls	FH	LCDS	LCDS	3:30	5:15
Tue, Oct. 13	JV Boys	Soccer	Highland	Hill	3:30	4:45
	V Boys	Soccer	Highland	Hill	3:30	5:45
	V Girls	FH	Highland	Hill	3:30	4:45
Tue, Oct. 20	JV Boys	Soccer	<i>Wakefield</i>	Wakefield	3:30	5:00
	V Boys	Soccer	<i>Wakefield</i>	Wakefield	4:30	6:00
Wed, Oct. 21	4-5 Pladay	Soccer	<i>LCDS</i>	4th Hill/5th LCDS	1:00	reg 4:00
Thu, Oct. 22	JV Boys	Soccer	LCDS	Hill	3:30	4:45
	V Boys	Soccer	<i>LCDS</i>	Hill	3:30	4:45
	JV White Girls	FH	<i>Edlin</i>	Hill	3:30	4:45
	JV Green Girls	FH	<i>LCDS</i>	LCDS	4:30	6:15
	V Girls	FH	<i>LCDS</i>	LCDS	3:30	5:15
Sat, Oct. 24	BIG HIT FIELD HOCKEY TOURNAMENT			Hill	10:15	2:30
Raindate for Big Hit: Saturday, October 31						
Tue, Oct. 27	JV Boys	Soccer	<i>Playday</i>	Highland	2:00	tbd
	JV Girls	FH	<i>Playday</i>	Hill	3:00	tbd
Wed, Oct. 28	4-5 Playday raindate	Soccer	<i>LCDS</i>	4th Hill/5th LCDS	1:00	reg 4:00
Thu, Oct. 29	V Boys	Soccer	Tournament	Highland	2:00	tbd
	V Girls	FH	Tournament	Hill	3:00	tbd
Raindate for x-country Wednesday Nov 4						
Tue, Nov. 24	V Girls/ Alumnae	FH	<i>Hill</i>	Hill	3:00	4:30
	V Boys/ Alumni	Soccer	<i>Hill</i>	Hill	3:00	4:30